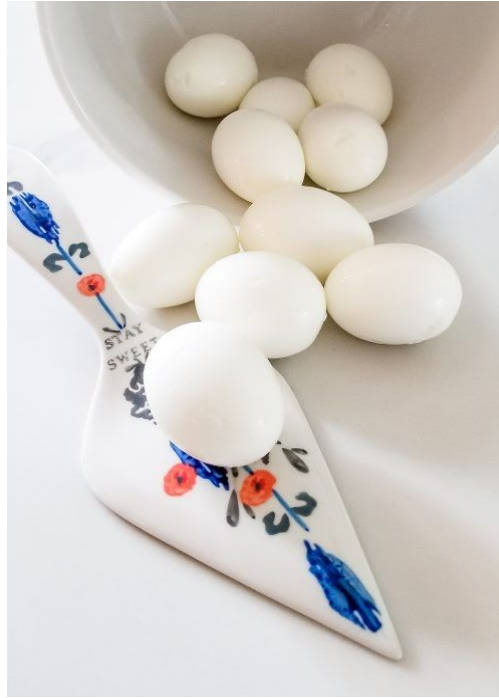


# How to Make Easy Hard Boiled Eggs

FROM THE KITCHEN OF AHNA @ HAMMERSNHUGS.COM



## YOU WILL NEED:

EGGS  
LARGE SAUCEPAN  
LARGE BOWL WITH ICE WATER

SLOTTED SPOON  
SOUP SPOON

## DIRECTIONS:

PLACE EGGS IN BOTTOM OF LARGE SAUCE PAN AND COVER WITH WATER APPROXIMATELY ONE INCH ABOVE EGGS. HEAT WATER ON MED-HIGH UNTIL BOILING.

TURN OFF HEAT AND PLACE LID ON PAN. STEAM FOR *10 MINUTES*.

WHILE STEAMING FILL A LARGE BOWL WITH ICE TO COVER THE BOTTOM AND THEN FILL WITH VERY COLD WATER.

USING A SLOTTED SPOON PLACE EACH OF THE EGGS INTO THE ICE WATER AND ALLOW TO COOL FOR 2 MINUTES.

PEEL EACH EGG USING A SPOON!

STORE THEM IN A CONTAINER IN THE FRIDGE WITH A DAMP PAPER TOWEL ON THE BOTTOM AND COVERING THE EGGS ON THE TOP.

*MACROS PER EGG: 75 CALS 1G NET CARBS 5G FAT 6G PROTEIN*